

**OVERALL time: 100 mins**

# Baked Potato with Greek Style Butter Beans

All hail the humble potato! With benefits other than the comfort factor, potatoes are great for satiety in plant-based diets... and let's be honest, they're simply delicious.

Metric

**Number of servings : 4**

## ingredients

### For the Potatoes

- 4 Large potatoes
- **Cape Herb and Spice Atlantic Sea Salt**
- **Cape Herb and Spice Extra Bold Black Pepper**

### For the Butterbean Topping

- 30 ml Olive oil
- 1 Onion, finely diced
- 2 Cloves of garlic
- 1 Tin of diced tomatoes
- 1 Tin of Butterbeans
- **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 100 g Feta Cheese
- Fresh Parsley, chopped

### For serving

- Lemon Wedges

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 90 mins**

### **For the Potatoes:**

Preheat oven to 210°C with the fan on.

Wash and gently scrub the potatoes.

Dry them thoroughly with a clean dishcloth.

This can be done in advance to ensure they dry out.

Pierce prepped potatoes all over with a fork.

Rub with olive oil.

Season generously with Salt and Black Pepper.

Place on a baking tray well spaced apart so the air can flow well between them in the oven.

Bake potatoes until easily pierced with a knife, 50 minutes to an hour, depending on the size of the potatoes.

Remove the potatoes from the oven.

Slice them down the middle and open gently to allow the steam to escape

### **For the Butterbean Topping:**

Preheat oven to 190°C.

Heat olive oil in a large oven safe frying pan.

Add the onion and cook until softened.

Add the garlic and cook until fragrant.

Add the tomato paste and cook for a minute.

Pour in the water and tinned tomatoes.

Mix well and bring to a simmer.

Add the butter beans and season the dish well with Cape Herb & Spice Greek Lemon & Herb Rub.

Bring to a simmer again and then transfer to the oven.

Bake until the sauce has thickened and the top layer turns a light golden brown, about 20 minutes.

Using a teaspoon, scoop a little flesh out of each potato for more space for filling.

Fill baked potatoes with a generous amount of baked butter beans.

Sprinkle over the feta and parsley.

Serve with lemon wedges on the side and enjoy!

<https://capeherb.co.za>

Metric

## ingredients

### For the Potatoes

- 4 Large potatoes
- **Cape Herb and Spice Atlantic Sea Salt**
- **Cape Herb and Spice Extra Bold Black Pepper**

### For the Butterbean Topping

- 30 ml Olive oil
- 1 Onion, finely diced
- 2 Cloves of garlic
- 1 Tin of diced tomatoes
- 1 Tin of Butterbeans
- **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 100 g Feta Cheese
- Fresh Parsley, chopped

### For serving

- Lemon Wedges

**Number of servings : 4**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 90 mins**

### For the Potatoes:

Preheat oven to 210°C with the fan on.

Wash and gently scrub the potatoes.

Dry them thoroughly with a clean dishcloth.

This can be done in advance to ensure they dry out.

Pierce prepped potatoes all over with a fork.

Rub with olive oil.

Season generously with Salt and Black Pepper.

Place on a baking tray well spaced apart so the air can flow well between them in the oven.

Bake potatoes until easily pierced with a knife, 50 minutes to an hour, depending on the size of the potatoes.

Remove the potatoes from the oven.

Slice them down the middle and open gently to allow the steam to escape

### **For the Butterbean Topping:**

Preheat oven to 190°C.

Heat olive oil in a large oven safe frying pan.

Add the onion and cook until softened.

Add the garlic and cook until fragrant.  
Add the tomato paste and cook for a minute.

Pour in the water and tinned tomatoes.

Mix well and bring to a simmer.

Add the butter beans and season the dish well with Cape Herb & Spice Greek Lemon & Herb Rub.

Bring to a simmer again and then transfer to the oven.

Bake until the sauce has thickened and the top layer turns a light golden brown, about 20 minutes.

Using a teaspoon, scoop a little flesh out of each potato for more space for filling.

Fill baked potatoes with a generous amount of baked butter beans.

Sprinkle over the feta and parsley.

Serve with lemon wedges on the side and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |  
<http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>